

2023

# 24-Hour Urine Collection

## South Shore Regional Hospital

Collections that are not labelled correctly or do not have a requisition filled out will not be tested.

## Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called a **requisition**.
- Start when you have **2 days in a row**:
  - › when you can wake up at the same time.
  - › that have the same routine (you have no special plans).
- Start your collection in the morning, with an **empty bladder**.
- If you miss any urine (pee) over the 24-hour period, you must start a **new** 24-hour collection.
- Use **only** the collection bottle(s) given to you by your primary health care provider, local lab, or blood collection clinic.
- Keep the bottle in the fridge between collections.
- Take the filled bottle and requisition to an approved drop-off site **as soon as you finish the 24-hour collection** (see the back cover for locations and hours).

## Day 1

1. When you wake up, **use the washroom as usual. Do not collect this urine.** This is your start time.
2. Write your **full name, your date of birth, your health card number, and the collection start date and time** on both the **requisition** and the bottle label.
3. Collect **all** your urine in the bottle that day and night.
4. Keep the bottle in the fridge during the collection period.

## Day 2


1. Wake up at the same time as on Day 1.
  2. Collect your **first** morning urine and add it to the bottle. This is your end time.
  3. Write your **end date and time** on both the requisition and the bottle label.
- **Your start and end times should be around the same time of day.**
    - › For example, if your start time is 7 a.m. on Day 1, your end time should be 7 a.m. on Day 2.

## If you need to do a second 24-hour urine collection:

### Day 2 continued

1. Write your **full name**, your **date of birth**, your **health card number**, and the **collection start date and time** on both the **requisition** and the second bottle label.
2. The date and time should match the end date and time on the first bottle.
3. Collect **all** your urine in the 2nd bottle that day and night.
4. Keep both bottles in the fridge during the collection period.

### Day 3

1. Wake up at the same time as on Day 2. Collect your **first** morning urine and add it to the **second** bottle. This is your end time.
  2. Write your **end date and time** on the requisition and the second bottle label.
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Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's full name and address**
- › The names of **all antibiotics you are taking**
- › The names of **all countries outside of North America that you have visited (or emigrated from) in the past 12 months**
- › **Start date(s) and time(s) of each urine collection**
- › **End date(s) and time(s) of each urine collection**

**Take your collection(s) to one of these drop-off sites:**

### **South Shore Regional Hospital**

Main Floor

90 Glen Allan Drive

Bridgewater, NS B4V 2S6

Phone: 902-527-5261

Hours: Monday to Friday, 7 a.m. to 2 p.m.

### **Queen's General Hospital**

1st Floor

175 School Street

Liverpool, NS BOJ 1K0

Phone: 902-354-3436

Hours (including Registration):

Monday to Friday, 8 to 11:30 a.m.

**Closed for drop-offs from 8:30 to 9 a.m.**

## **North Queen's Health Centre**

9698 Highway 8

Caledonia, NS B0T 1B0

Phone: 902-682-2533

Hours (including Registration):

Wednesdays, 7:30 to 10:30 a.m.

**Closed for drop-offs from**

**9:50 to 10:20 a.m.**

## **Fishermen's Memorial Hospital**

1st Floor Registration

14 High Street

Lunenburg, NS B0J 2C0

Phone: 902-634-8801

Hours (including Registration)

Monday to Friday, 7:30 to 11 a.m.

**Closed for drop-offs from 9 to 9:30 a.m.**

## **Our Health Centre (OHC)**

3769 Hwy 3

Chester, NS B0J 1J0

Phone: 902-275-2830

Hours (including Registration):

Mondays and Thursdays,

7:40 to 10:30 a.m.

**Closed for drop-offs from 9:30 to 10 a.m.**

*Prepared by: Pathology and Laboratory Medicine,  
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The information in this pamphlet is to be updated every 3 years or as needed.

